

Suicide rate rising in U.S.  
- an issue that touches  
all of us!

# ACE

for Army  
Civilians

# ACE



**ARMY CIVILIANS  
SUICIDE INTERVENTION**

**Working  
Together  
to Prevent  
Suicide**

National Suicide Prevention Lifeline:

1-800-273-8255 (TALK) PRESS \*1\* for the Veteran's Crisis Line



**A**sk yo  
• Have th  
questio  
• Ask the  
Are you  
yourself

**C**are for  
• Calmly c  
do not us  
• Actively li  
standing a  
• Remove a  
could be u

**E**scort yo  
• Never leave

• Escort to th  
Chaplain, b  
professional  
provider

• Call the Nat  
Prevention Lifeline

TA - ### - ####



# Army Response



## SUICIDE

Significant Army focus since 2009.....

-In 2010, 10<sup>th</sup> leading cause of death in U.S.

-For ages 35-64 rate rose 28% from 1999-2010

- Increased Research
- Changed policy and programs
- Changed SF86 Question 21 so that mental health counseling does not, by itself, prevent security clearance
- Revamped training
- Increased resources
- ....many are available to Army Civilians

**A**  **Help your co-worker**

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

**C** **Care for your co-worker**

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

**E** **Escort your co-worker**

professional, or primary care provider

2 Call the National Suicide Prevention Lifeline: 1-800-273-8255

USAPHC <http://phc.army.mil/>



How can  
Army Civilians  
help prevent  
suicides?

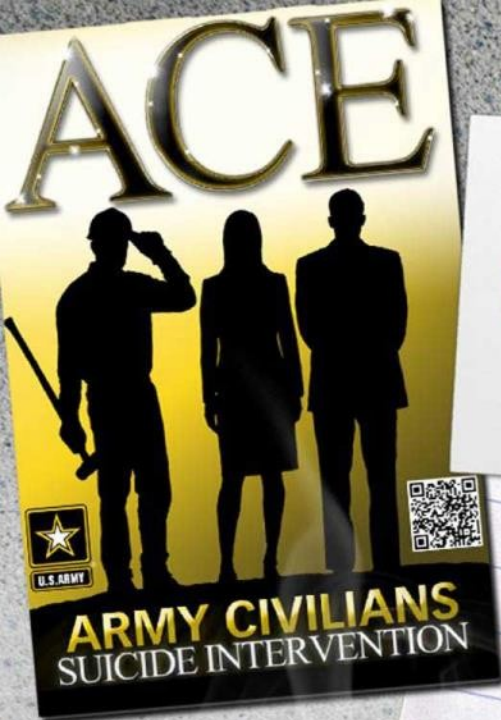
- ✓ Learn about risk and protective factors.
- ✓ Recognize warning signs
- ✓ Use Ask Care Escort (ACE) method
- ✓ Know where to get help!

Role of Army  
Civilians

ACE







# Objectives

- Demonstrate understanding of the Ask Care Escort (ACE) method of suicide prevention
- Describe risk and protective factors
  - Recognize warning signs
  - Define three steps of the ACE method
  - Describe the Army Civilian's role in reducing stigma
  - Identify emergency and non-emergency resources.





# Risk Factors

- Failed relationships
- Family history of suicide
- Prior suicide attempt
- Mood disorders (depression / Post Traumatic Stress Disorder)
- Financial/Employment Stress
- Drug/Alcohol abuse
- Access to lethal means
- Legal problems
- Poor social skills

# Protective Factors

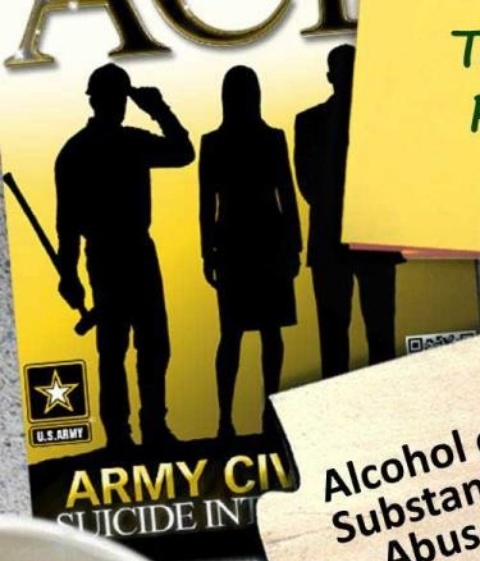
- Strong relationships (family, friends, groups, church)
- Available health care (physical/mental)
- Coping/problem solving skills
- Belief in a higher power, faith
- Getting help when needed
- Strong values (personal/professional)

✓ Mitigate risk

✓ Strengthen protective factors

DATE: MM/DD/YYYY TIME: HH:MM





Talk to others -  
Put the pieces  
together!!

# Warning Signs



**A** Ask your co-worker  
Encourage to ask the  
but stay calm  
question directly:  
thinking of killing

**A** Ask your co-worker  
control the situation;  
force; be safe  
often to show under-  
and produce relief  
any means that  
used for self-injury

**E** Escort your co-worker  
• Never leave your co-worker alone  
• Escort to the supervisor,  
Chaplain, behavioral health  
professional, or primary care  
provider  
• Call the National Suicide  
Prevention Center  
1-800-273-8255 (TALK) PRESS 1

USAPHC <http://phc.army.mil/>



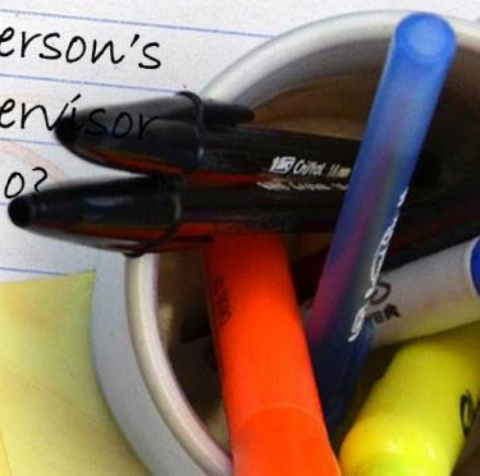


# Group Exercise

- ✓ Read scenario
- ✓ Decide on group answers
- ✓ Review prior slides as needed

- What things do you see in this hypothetical scenario that cause you concern?
- Are there any protective factors?
- Are there risk factors?
- Do you see any warning signs of immediate suicide danger?
- If you were this person's co-worker or supervisor what would you do?

# ACE





# Ask

**LEVEL 1**

How was your trip?  
How was your weekend?  
How is your family?  
How is work?

**LEVEL 2**

You seem upset ...  
down...  
what is worrying you?

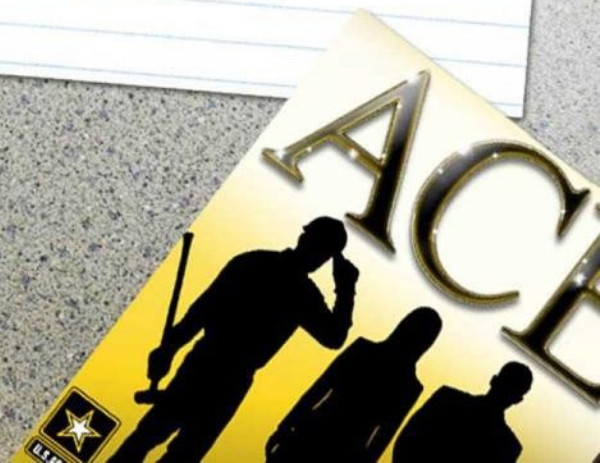
**LEVEL 3**

What can I do  
to help you?

**LEVEL 4**

Are you thinking about  
killing yourself?

ASK CARE ESCORT  
How do I  
ASK?





**LEVEL 1**

You're not alone.  
I'm here for you.

**LEVEL 3**

Let me make sure I  
understand, do you mean...?  
(Using Active Listening  
shows CARE!)

**LEVEL 2**

I may not understand  
exactly how you feel,  
but I do care and  
I want to help.

**LEVEL 4**

Please don't hang up.  
I want to help.  
(Keep them talking.  
Find out where they are  
and SEND HELP!)

**Care**

ASK CARE ESCORT  
How can I  
show  
CARE?





Need  
two  
volunteers  
for active listening  
demo!

**BREAK**

0		X
X	X	0
X	X	0
		0





Show the speaker you are trying to understand and you CARE about what they are saying...

# Active Listening

Good active listening techniques

- ✓ Face the person--make eye contact
- ✓ Stop doing other things—pay attention!
- ✓ Give non-verbal feedback to show you are listening (nod or say 'okay')
- ✓ Give verbal feedback
  - Ask questions
  - Reflect back in your own words to be sure you understand correctly, say... 'I hear you saying you are really worried about your financial situation' or 'sounds like you need time to settle personal matters before you can focus on work'



# Escort

**LEVEL 1** In a suicide crisis,  
use emergency resources!

DO NOT  
leave a person in a suicide  
crisis alone—  
not even for a minute!

**LEVEL 2**

ESCORT the person  
to the ER, or doctor.  
But don't force them!

**LEVEL 3**

If they won't go,  
call help to come  
to you.  
Dial 911.

**LEVEL 4**

If you are on  
the phone or texting,  
KEEP THEM TALKING.  
Find out where they are.  
Send help!

ASK CARE ESCORT  
How do I  
ESCORT?







If needed, review the  
ACE method Slides,  
or the  
Active Listening  
slide!

(Slides 8, 9, 11, & 12)

- Read hypothetical scenario.

- Take turns playing the role of the person who is at risk and the person who is concerned (co-worker/supervisor).

- Use the ACE method (ASK CARE ESCORT) to respond to the situation.

- Remember to use Active Listening!

**Role Play**



WHY is it hard to ask about  
mental health / suicide?

--- Fear of intruding in a person's  
privacy --- Fear of overreacting and  
looking foolish --- Fear of  
offending --- Fear of  
suggesting

**Stigma**

**Stigma** – belief that  
getting help will cause  
others to think less of you.

ACE



Stigma isolates  
...makes  
problems  
**LARGER!**

## WAYS TO REDUCE STIGMA

- ✓ Don't tolerate bullying or embarrassing people.
- ✓ Get help yourself, if you need it.
- ✓ Offer to help someone in need.
- ✓ Create / Maintain climate of trust / respect.
- ✓ Talk openly about mental health issues!





# Resources

## In Emergency:

- 911 or emergency services
- ER or Urgent Care
- Doctor
- National Suicide Prevention Lifeline

National Suicide Prevention Lifeline

CONUS : 1-800-273-TALK (8255)

Europe 00800 1273 8255 or DSN 118 Korea

0808 555 118 or DSN 118

OEF ROSHAN: 070-113-2000, wait for dial tone and dial 1-1-1;

DSN/NVOIP 1-1-1 or 318-421-8218.

## Non-Emergency Counseling or Information

- Your Healthcare Provider -check insurance provisions- Federal Employee Health Benefits Program at <http://www.opm.gov/insure/health/>
- Employee Assistance Program (EAP) <http://cpol.army.mil/news/201112/Wellness-EAP.html>
- Army Suicide Prevention Program (ASPP) Resources at [www.preventsuicide.army.mil](http://www.preventsuicide.army.mil)
- DoD Suicide Prevention Office (DSPO) Resources at <http://www.suicideoutreach.org/>
- Army Community Service (ACS)
- Community Resource Guides [see US Army Public Health Command (USAPHC) website or on the homepage of most Army installations] <http://phc.amedd.army.mil/topics/healthyliving/hpr/Pages/CommunityResourceGuides.aspx>
- Free apps at Telehealth and Technology (T2) <http://www.t2.health.mil/products/mobile-apps>
- CSF2 Global Assessment Tool (GAT) 2.0 and CSF2 Army Fit at <http://csf2.army.mil/>
- For children and adolescents- healthcare provider, school/college counseling resources- or EAP to locate other resources



# Local Resources

**Remember** if you are a retiree, veteran, military family member, or have been deployed for your Army Civilian job, you may be eligible for other military-provided mental health and counseling services such as those from the Veterans Administration (VA) or Military One Source (MOS).  
**LOCAL EMERGENCY SERVICES:**  
(list here)

– **USE THIS SPACE TO LIST LOCAL NON-EMERGENCY RESOURCES SUCH AS COUNSELING CENTERS, SUBSTANCE ABUSE COUNSELING, ETC.**

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**E** **Escort your co-worker**

- Never leave your co-worker alone
- Escort to the supervisor, Chaplain, behavior professional

USAPHC <http://phc.amedd.army.mil/>  
National Suicide Prevention Lifeline:  
73-8255 (TALK) PRESS \*1\* for the Veteran's Crisis Line



# Guest SMEs

**name / title /  
organization or area  
of expertise**

**Use these spaces to  
introduce your guest  
SMEs (name / title /  
organization or area of  
expertise).**

**Delete any text boxes  
that you do not use.**

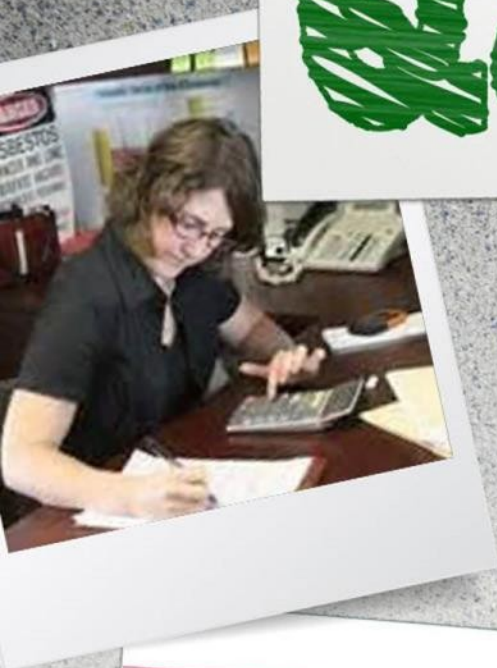
**name / title /  
organization or  
area of  
expertise**

**name / title /  
organization or area  
of expertise**





Q&A



**ASK** --recognize warning signs  
and ask questions  
**CARE** --listen to others, and  
offer to help  
**ESCORT** --stay with the person  
and get help for them

THANK YOU  
FOR ATTENDING  
ACE for  
Army Civilians!

